



COVID-19 Exposure Return-to-Play Guidelines 9/9/2020

Situation	Protocol	Return to Play Criteria
Player / coach is sick with COVID-19 symptoms	<ol style="list-style-type: none"> 1. Go home / stay home 2. Notify coach and Age Level Director 3. Age level director report to Risk Manager 4. Follow CDC Guidelines 	Return if test results are negative for COVID-19 for player / coach or after 10 days have elapsed from the initial development of symptoms
Player / coach tests positive for COVID-19	<ol style="list-style-type: none"> 1. Go home / stay home 2. Notify coach and Age Level Director 3. Age level director report to Risk Manager 4. Follow CDC Guidelines 	Return after 10 days from the date of the test with doctors release accompanied by Return to play form.
Player / Coach has contact with an immediate family member who tests positive for COVID-19	<ol style="list-style-type: none"> 1. Go home / stay home 2. Notify coach and Age Level Director 3. Age level director report to Risk Manager 4. Follow CDC Guidelines 	Return after 10 days have elapsed from close contact and the player / coach has no symptoms

Preparing for When Someone Gets Sick (excerpt from CDC Considerations or Youth Sports) Youth sports organizations may consider implementing several strategies to prepare for when someone gets sick.

- **Advise Sick Individuals of Home Isolation Criteria**
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's [criteria to discontinue home isolation](#).
- **Isolate and Transport Those Who are Sick**
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 [symptoms](#), test positive for COVID-19, or have been [exposed](#) to someone with COVID-19 symptoms or a confirmed or suspected case.
 - Immediately separate coaches, staff, officials, and players with COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have had [close contact](#) with a person who has [symptoms](#) should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#) (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow [CDC guidance for caring for oneself and others](#) who are sick.
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

Note: These guidelines were developed based upon recommendations from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>